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COLIN RECALLS GOOD TIMES

ONCE RELUCTANT, ACTOR SAYS SCI-FI REMAKE WAS A GREAT EXPERIENCE PAGE 9

REGINA
metro®

Thursday, June 14, 2012

News worth sharing.

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LANCE LEASHED

Lance Armstrong reacts as he crosses the finish line to win the 17th stage of the Tour de France cycling race in the French Alps, in this file photo. The U.S. Anti-Doping Agency is bringing doping charges against the seven-time Tour de France winner, threatening to strip his victories in the storied cycling race. Armstrong may also face a lifetime ban from the sport. See story on page 17. LAURENT REBOURS/THE ASSOCIATED PRESS FILE

Trafficking and threats

Mother of Ottawa teen allegedly forced into prostitution says experience has left girl terrified PAGE 5

Celebrating dad's big day

Make this year's Fathers Day extra special. Metro shows you how in today's paper PAGE 14

Cutting edge carnivores

Fire up the grill this summer and experience some new cuts of meat PAGE 16

Sask's Stoll still partying after Kings' cup win

Hometown boy. Saskatchewan native had the entire province cheering for him

JEFF MACKEY
jeff.mackey@metronews.ca

Just days ago two hardy Saskatchewan lads, Jarret Stoll and Dwight King, hoisted the Stanley Cup over their heads in victory. They did this to not only the cheers of teammates and fans at the Staples Centre in Los Angeles, but also to the support of a whole province thousands of miles away.

"I feel most, if not all, of Saskatchewan was cheering for the Kings. There was a huge following," said Sherri Stoll, the mother of King's player Jarret Stoll. "It is every parent's dream to see your son hoist the Stanley Cup."

Sherri says Jarret (pictured) will be bring the cup to both Neudorf and to Yorkton, but that even he does not know when the cup will make its way to the prairies.

Sherri says her son had almost given up hope of winning the coveted trophy. Jarret was a part of the Edmonton Oilers' 2006 playoff run, where the team lost in a heartbreaking cup final Game 7 to the never-say-die Carolina Hurricanes.

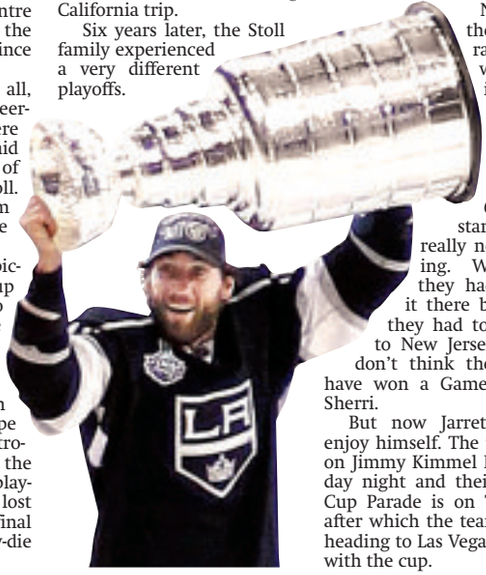
Quoted

"They are having a great time. There was a huge party at Jarret's house yesterday (Tuesday). I saw pictures of all the players hoisting the cup over their heads around his pool."

Sherri Stoll, Jarret's mother

"He was so disappointed after that Game 7 loss. He told us afterward, 'You know, some hockey players only get one chance,'" said Sherri, who just returned to Saskatchewan after an exciting California trip.

Six years later, the Stoll family experienced a very different playoffs.



"In 2006 the games went a lot longer," said Sherri. "This time, with the sweep in the second round and them beating Vancouver in five, those ones (match-ups) were more relaxed."

Not that the 2012 race was without its tense moments, as well.

"In Game 6, at the start, it got really nerve-racking. We knew they had to win it there because if they had to go back to New Jersey, well, I don't think they would have won a Game 7," said Sherri.

But now Jarret gets to enjoy himself. The team was on Jimmy Kimmel Live Tuesday night and their Stanley Cup Parade is on Thursday, after which the team will be heading to Las Vegas to party with the cup.

1 NEWS

On the web

Making fun out of fleeing the fires

In Colorado, wildfires have scores of residents fleeing their homes. As they wait out the flames, some are trying to keep up spirits by way of humour and charity. Watch at metronews.ca

Saving a century-old battleship

Crews in LaPorte, Texas, worked around the clock to remove dozens of gallons of oil-laced water that caused a 100-year-old battleship, which was used in both world wars, to list. Watch at metronews.ca.

Mobile news

They live on your skin, up your nose, in your gut — a universe of bacteria, fungi and other microbes that if weighed all together would tip the scales at a few pounds. Scan the code to read about the map scientists have created outlining the microscopic critters living in and around us.

Partnership with nurses renewed by province

Health care. Goal is to explore other issues now that nursing numbers are up

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

The Ministry of Health and the Saskatchewan Union of Nurses (SUN) renewed their partnership agreement Wednesday for another two years. The new agreement also included the Regional Health Authorities.

The agreement is a renewal of a 2008 partnership that focused on solving the province's nursing shortage. At the time, the agreement set a goal of recruiting 800 nurses in four years. Almost five years and 900 new nurses later, the aim of the refreshed agreement is to address any issues that remain.

"While we succeeded in reaching our goals when it came to nursing numbers," said Health Minister Dustin Duncan at a press conference, "our work isn't done yet. There are still other issues that we want to address and we think that this is a very good forum in which to address them."

Duncan said the remaining issues include, among others, recruitment and retention in rural and northern areas.

While Duncan wouldn't confirm that there was a shortage of nurses in rural areas, he did concede that there are continuous job postings for more remote regions.

"There will still be health regions that have vacancies in rural areas," said Duncan, "and that is part of the challenge that we're trying to address with the new partnership. And that's why one of the reasons we're bringing on the health regions, because we know as a deliverer of health care they're certainly very important to issues we're going to be discussing later."

Other issues that the agreement will address include a high number of retiring nurses, maximizing employment opportunities for graduate nurses and increasing employee engagement.

Duncan said that unlike the last agreement, this one doesn't specify a target number.

"I don't think we need to put a number on it as we did before," said Duncan. "I don't think the shortage of nurses is as critical and chronic as it once was five years ago."

Rosalee Longmoore, president of SUN, says that the agreement, which is focused on bringing the LEAN principles health care, will create an atmosphere where nurses can participate in transforming the health care system.

"This partnership will create an environment," she said, "where registered nurses will be empowered to participate in the transformation process through greater engagement in decision making and the identification of efficiencies."

Regina Qu'Appelle Health Region president and CEO Dwight Nelson, left, Health Minister Dustin Duncan and SUN president Rosalee Longmoore, sign the renewed partnership agreement in Regina Wednesday. CARRIE-MAY SIGGINS

Surgery workplace safety

- Another focus for the partnership, says Health Minister Dustin Duncan, is workplace safety, especially within the surgery room.
- "It's not just about the fact that Saskatchewan residents get surgeries sooner. It's also that it's smarter but safer, not just for the patient but also for the health care professionals."

Karl Valiaho of the Pile of Bones Brass Band plays JazzFest Regina Wednesday. JEFF MACKEY/METRO

JazzFest Regina 2012 will get your toe tapping

JazzFest Regina kicked into high gear yesterday with a combination of free performances and headline acts in venues across downtown.

Peter Champagne, executive producer of JazzFest Regina, is excited about this year's prospects. "This is the fourth year that we are doing JazzFest Regina and by far and away it is the fullest and best festival the we've had."

One of the goals of the festival is to be as inclusive as possible and Champagne believes that this year's line-up reflects that.

"The free stages have all sorts of variety, everything from Latin groups to dixieland music and swing stuff to vocalists and organ music," he said. "We have clubs too, there are different bands in various clubs. We have Crave, the Bushwaker Brew Pub, the Artful Dodger and the Cathedral Village Freehous,e among others."

JazzFest uses a rather broad definition of what Jazz is to try and strike a balance between older and younger fans.

"Jazz to me is that universal music that appeals to all walks of life and to all genders and all ages, a universal sound that is all encompassing," said Champagne. "It is that type of music where – if you can't tap your toe to it – you are either not alive or you are not experiencing jazz." JEFF MACKEY/METRO

Time capsule find

Mystery man ID'd by granddaughter

The mystery of the man in the century-old photograph has been solved in Saskatchewan.

The man whose picture was found in a time capsule that was encased in the wall of the provincial legislature is Franklin Joseph Robinson.

Robinson
PHOTO SUPPLIED

Robinson's granddaughter, Pat Malicki, identified him after seeing the photo in the news.

Malicki, who lives in Windsor, Ont., says Robinson was a surveyor who did the boundaries for Saskatchewan and oversaw construction of the legislature.

Malicki says she doesn't know how his picture ended up in the time capsule, but she guesses he put it in for a joke.

The photo was found when the capsule was opened last December to mark the building's 100th anniversary.

There was no name on the photo and it wasn't on the list of the time capsule's contents. THE CANADIAN PRESS

Health care

Province says no to $21M for surgeries

Saskatchewan's health minister says the Regina Qu'Appelle Health Region is not going to get an extra $21 million for surgeries.

Dustin Duncan says the region will have to tighten its budget belt and look for efficiencies to save money.

The region said Monday that it needs $21 million to meet the government's target that no one waits longer than six months for surgery by March 2013.

It said it will have to perform 5,000 more surgeries this year to meet that goal, and that's why it needs extra money.
THE CANADIAN PRESS

Nik Wallenda: High & mighty

King of the High Wire.
On eve of attempt to cross Niagara Falls, the skywalker talks about faith, family, and what's next

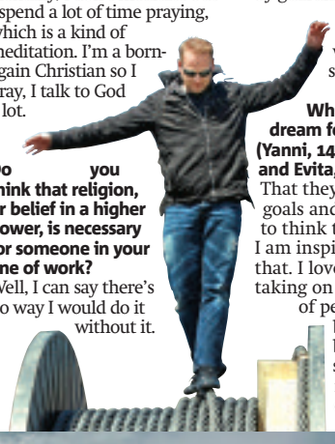
KATHY ULLYOTT
For Metro in Toronto

When he was 18, Nik Wallenda had his heart set on becoming a pediatrician. But just one year later, his family, the legendary Flying Wallendas, was offered a once-in-a-generation opportunity: To re-enact the family's signature stunt, a three-tier, seven-person pyramid on a wire eight metres above the ground. In 1962, the pyramid had collapsed during a show in Detroit and killed two family members, paralyzing another.

Nik was in. And after the triumphant re-creation of the act in 1998, his path was set — on a cable just two fingers wide. This Friday the King of the High Wire will attempt to make history again by walking a wire across the thundering cataract of the Horseshoe Falls. We asked this very public man about some very private moments.

How are you preparing physically, as well as mentally, for the Niagara Falls skywalk?
I don't have a regular regimen; my workout changes every day depending on my schedule. I always walk several wires and I try to relax and rest. I also try to work in physical activity with my family — we'll play Frisbee, say, where you have to do 10 pushups if you miss a catch. Or catch it with your left hand only. I don't spend as much time with my kids as I'd like, so I try to be creative that way. Mentally, I don't meditate but I spend a lot of time praying, which is a kind of meditation. I'm a born-again Christian so I pray, I talk to God a lot.

Do you think that religion, or belief in a higher power, is necessary for someone in your line of work?
Well, I can say there's no way I would do it without it.



Have you ever had a supernatural experience, on or off the wire?
I wouldn't say so, no. But I do believe that I'm surrounded by guardian angels at all times, whether I'm walking a wire or walking down the street.

What is your greatest dream for your children (Yanni, 14, Amadaos, 11, and Evita, 9)?
That they achieve their goals and dreams. And I like to think that as their father, I am inspiring them to do that. I love a challenge — in taking on Niagara Falls a lot of people said it can't be done, it won't be done. But when someone says to me something can't be done, that's my cue to find a way.

If there was one thing in your life you could go back and change, what would it be?
Honestly, I wouldn't change anything. Yes, I've had great successes and some failures. But the failures, the disappointments all contribute to what I am, where I am today. And I wouldn't change that for anything.

If you could have dinner with one historical figure and ask him/her anything you want, who would that be?
That would have to be my great-grandfather, Karl Wallenda (who brought the family from Germany to America in 1928, and died in a fall from a wire in Puerto Rico in 1978). I was born in 1979 but he clearly was my inspiration. I'd love to ask him about our family, hear the family history, hear his amazing stories.

But if you could ask him just one question?
I'd ask him if he is proud. People tell me he would be honoured by what I've accomplished, but I'd love to ask him how he feels myself.

What happens after Niagara Falls?
I want to be a father and a husband for awhile. I've been consumed with this for six months — two years, really — and I really feel I've neglected my family. So I just want to spend time with them.

On the web

To view a live feed of the walk, go to metronews.ca

RANDY RISLING/TORSTAR NEWS SERVICE; TOP PHOTO: HARRY SCULL JR./THE BUFFALO NEWS/THE ASSOCIATED PRESS

High in the sky

Daredevil legacy honoured

Nik Wallenda, 33, is a high-wire artist and acrobat. He hails from a family of daredevils and is a direct descendant of Karl Wallenda — founder of the Flying Wallendas. METRO

Steeling the thunder

$1.3M

The cost of the seven-tonne steel wire, installation, permits, security, travel and marketing is estimated at about $1.3 million. The TV deal with ABC will offset some of the cost.

Forbidden zone

Century-long ban broken

Attempting to cross Niagara Falls on a high wire has been forbidden for the last 100 years. ABC is insisting that Wallenda wear a safety harness. METRO

At the brink

Laying it on 1,800 feet of line

Wallenda plans to start on the American side and walk 1,800 feet across the falls at 200 feet above the gorge bottom. If successful, he will be the first to cross over the brink of the famous falls. METRO

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Six-year agony

Duo accused of torturing, starving captive girl

A Bosnian man and his girlfriend have been charged with illegally imprisoning and torturing a German teenager for more than six years.

Tuzla prosecutor's office aide Admir Arnautovic said Milenko Marinkovic, 52, and Slavojka Marinkovic, 45, have been indicted on the charges.

According to the indictment, the 19-year-old girl was "held captive, starved, prevented from going to school and meeting other people and otherwise physically and mentally tortured."

The couple were arrested in May at their home in Karavlasi.

Villagers said they had treated the girl like a slave, beaten her, forced her to sleep and eat with pigs, and whipped her while pulling a horse cart.

THE ASSOCIATED PRESS

Experiment gone wrong

Blogger starts a 'fuzz' with her tweets about Jews

A social media experiment in Sweden raised eyebrows when a curators made offensive tweets about Jews.

A 27-year-old Swedish blogger, who describes herself as "a single and low-educated mother," took over as the main curator of @Sweden this week and quickly found herself in the middle of a controversy over some of her tweets.

The @Sweden Twitter project is a bid by the Swedish Institute and VisitSweden to foster interest in things Swedish. In between Sonja Abrahamsson's musings about her life, she posted a series of tweets about Jewish people.

In one, she wrote: "Whats the fuzz with jews. You can't even see if a person is a jew, unless you see their penises, and even if you do, you can't be sure!?"

TORSTAR NEWS SERVICE

Laundry upgrade? Make mine a double!
With Downy Unstopables you get fresh, feisty scents that last. With Ultra Downy you get silky softness. So up your laundry with Downy!
ULTRA Downy
See Amy upgrade more things at youtube.com/downy
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Students speak to reporters at Cavelier-De LaSalle High School Wednesday.

RYAN REMIORZ/THE CANADIAN PRESS

Teacher screens vile video

Caution: Disturbing content. High school swiftly suspends man, but students defend him, saying they asked him to play it

A teacher has been suspended by a Montreal school for showing Grade 10 students the infamous video that shows a killing allegedly committed by Luka Rocco Magnotta.

The teacher showed the students the grotesque scenes on June 4 and was immediately suspended that afternoon — with pay.

The video is so disturbing that even seasoned detectives who watched it were troubled by the contents, Montreal police say.

Staff at Cavelier-De LaSalle High School in Montreal's west end say they quickly informed the students that a team of psychologists was available to deal with any problems from watching the video.

"We condemn with one voice the actions of the teacher," the school board said Wednesday.

"The incident is being taken very seriously."

Students are defending the popular young teacher — who one described as being in his 20s.

Another student said it was the kids who asked him to play the video. She said the teacher was hesitant. A few children in the class also objected.

"He's a very good teacher," declared 17-year-old Maude Aubin-Boivin, adding: "Honestly, his courses are super fun."

THE CANADIAN PRESS

Police confirm it

DNA shows Lin's body parts were mailed to B.C.

Montreal police said Wednesday that DNA results have confirmed the two body parts mailed to Vancouver last week belong to student Jun Lin.

Luka Rocco Magnotta, a porn actor, is suspected of killing and dismembering Lin before sending some of his body parts to Canadian political parties and schools.

In Berlin, a court has ordered Magnotta to be held in pre-extradition custody as his likely return to Canada edges closer.

Magnotta, 29, fled to Europe and was captured at an Internet café in Berlin.

He has said he won't fight extradition.

THE CANADIAN PRESS

Rae won't run for Liberal leadership

Parliament Hill. Party race now seems wide open as interim chief steps aside

Bob Rae won't seek the permanent leadership of the federal Liberals because it's better for the party, the interim leader said Wednesday, setting the stage for a wide-open race and renewing the tantalizing prospect of a Justin Trudeau candidacy.

Sources say the 63-year-old Rae — who will stay on as interim leader until a replacement is chosen — decided against running primarily because, despite popularity among caucus members, he still doesn't have the broad support of the party's rank and file.

"It hasn't been an easy decision, (but) it's a decision I feel very comfortable with," Rae said after breaking the news to his caucus behind closed doors. "For me, it was a question of deciding how I could do the best thing for the health of the Liberal party."

Rae's controversial tenure as Ontario NDP premier from 1990 to 1995 — marred by a deep recession, broken campaign promises and acrimonious relations with the province's unions — has long been cited as one of the principal reasons he struggled to win Liberal support. THE CANADIAN PRESS

Free-for-all

- Many are looking to Justin Trudeau to save the party, but Trudeau has said he's not interested in running.
- MPs Marc Garneau (Que.), David McGuinty (Ont.), Joyce Murray (B.C.) and Dominic LeBlanc (N.B.) are said to be thinking about running.

Interim Liberal Leader Bob Rae speaks to reporters in the foyer of the House of Commons on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Trafficking ring. Mother of alleged victim recalls daughter's horror

The mother of an alleged victim in an Ottawa teen human-trafficking case says her daughter is terrified.

The girl was robbed, beaten up, held for hours, forced into an encounter with a john and threatened repeatedly with having her throat slit, she said.

The woman, whose name cannot be published so as not to identify her daughter, said she confronted one of the suspected teen pimps and her mother to retrieve her daughter's belongings "and get her power back."

"She beat my daughter mercilessly in the face and the nose, kept punching her over and over again," she alleged of one of the accused.

Two 15-year-old girls have been charged in connection with the case. A third suspect, aged 17, is still being sought. Police say they lured three girls from the ages of 13 to 17 to a home by posting messages on social-media websites. The three victims were then allegedly forced to go to another location and perform sexual acts on men.

The alleged victim's mother, who said her daughter was held for hours but escaped, is upset that the third suspect has not been found and that police are unable to release her name publicly in order to locate her.

"My daughter was terrified. She blocked the door with chairs and said, 'They're going to come back and slit my throat.' You have no idea of the terror," she said.

The daughter is apparently afraid of retribution after her mother contacted police and confronted the accused teen's mother. The girl's belongings were found in two of the accused girls' homes, her mother said. JESSICA SMITH/METRO IN OTTAWA

Ottawa

15-year-old in custody

A 15-year-old girl charged in connection with the Ottawa human-trafficking and prostitution ring has been remanded in custody after a brief court appearance Wednesday.

The girl was formally charged with 18 counts in connection with three incidents involving three victims.

The charges include human trafficking, abduction and sexual assault. She will be back in court Monday to have a date set for a bail hearing. THE CANADIAN PRESS

Winnipeg pride

Rob Lowe takes flack for 'hellhole' comment

It seems hell hath no fury like a city that feels it's been called a hellhole by a Hollywood actor.

Rob Lowe, in Winnipeg to shoot a made-for-TV movie, has stirred up anger after writing a message on Twitter Tuesday night that ended with the hashtag "#Trapped-inahellhole".

Lowe was complaining about how he was watching the NBA playoffs on TV when the station interrupted the game for coverage of municipal elections. However, there were no municipal elections in Manitoba Tuesday — Lowe was likely watching a TV station based across the border in Grand Forks, N.D.

Winnipeg residents quickly fired back on Twitter, calling Lowe a jerk, a schmuck and other names.

"You can leave any time," wrote Ken Johnston.

By Wednesday morning, Lowe was tweeting more positive messages about the city, and it was unclear whether the hellhole tag was a reference to Winnipeg or simply the bar he was in. THE CANADIAN PRESS

Canada being hit by Dutch Disease: Report

Economic analysis. Organization for Economic Co-operation and Development traces the steep decline of manufacturing

The Organization for Economic Co-operation and Development (OECD) is weighing in on the controversy surrounding whether Canada is suffering from an economic condition known as Dutch Disease, and its qualified answer is yes.

The OECD warns in a report released Wednesday that the run-up in commodity prices is leading to an uneven economy in Canada.

Resource-rich provinces such as Alberta, Saskatchewan and Newfoundland have prospered, while others have fallen behind, in part because a commodity boom has strengthened the Canadian dollar, hurting exchange-sensitive sectors such as manufacturing and tourism.

A similar problem occurred in the Netherlands after its North Sea oil fields created a new source of resource wealth and contributed to the hollowing out of the manufacturing sector there, hence the term Dutch Disease.

THE CANADIAN PRESS

Mixed reactions

The analysis mirrors that of NDP Leader Thomas Mulcair, who has been accused of pitting regions against each other for political purposes.

- Last month, the Pembina Institute said what it called "oilsands fever" has spread benefits unevenly across the country and could be hiding economic turmoil down the road.
- A second report from the Macdonald-Laurier Institute argued that all provinces benefit from the commodity boom.

China's consumer market growing

Customers look at displays of silk dresses at a shop in Shanghai on Wednesday. Chinese consumers can afford to splash out more on higher-quality products, but also expect better value for money than in the past, according to a study by the American Chamber of Commerce. China's consumer market is forecast to become the second largest in the world after the U.S. by 2015. Both Chinese and foreign companies are struggling to keep up as the market evolves, said the report released Wednesday. For companies like Kraft Foods Inc. and PepsiCo. Inc., that means tailoring products to suit local tastes while leveraging the company's global brand name. Kraft spent much time researching Shanghai consumers, going into their homes, to understand their preferences in developing a branding strategy for its famous Chips Ahoy and Oreo cookies, said Haiyan Wang, chief marketing officer for Kraft Foods China. EUGENE HOSHIKO/THE ASSOCIATED PRESS

Retail

Dollarama rolling out $3 items

Dollarama Inc. plans to gradually introduce some non-grocery items priced as high as $3 this summer, the Montreal-based discount retailer announced Wednesday along with a better-than-expected profit.

Larry Rossy, Dollarama's chairman and chief executive, said customers have responded well to the addition of items that are priced above $1 — although the previous limit was $2. THE CANADIAN PRESS

Market Minute

DOLLAR 97.16¢ US (+0.24¢)

TSX 11,497.87 (+0.58)

OIL $82.62 US (-70¢)

GOLD $1,619.40 US (+$5.60)

Natural gas: $2.185 US (-4.7¢)
Dow Jones: 12,496.38 (-77.42)

OFFICE MANAGER

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- Must be a team player with a great, and we mean great, sense of humor

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 30, 2012. PLEASE QUOTE: "Office Manager - Regina" in the subject line. All submissions will be treated as confidential.

metro

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- Creatively negotiate rates
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- Strong verbal and written communication skills
- Proven track record in profitable selling

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HOW I LEARNED TO STOP WORRYING AND LOVE THE GAME

HE SAYS...
John Mazerolle
metronews.ca/hesays

North Americans have finally accepted the Beautiful Game. When I watched my first World Cup in 1990, people condemned soccer as boring and unmanly and just generally this European thing we didn't understand, like men in beach thongs.

Now, as the Euro plays out, even those who don't love it have come to accept its value. It's like when a passively xenophobic guy in a small town meets his first immigrant. "Hey," he says, "that soccer guy is all right."

Soccer and I got off to rocky start. I remember watching 22 years ago and thinking that each game had the same excitement level as CPAC.

Stop the excitement!

"I thought maybe there was an applause meter that let refs know when the game was getting too interesting."

But then there would be a long pass, the announcer's voice would rise and, at long last, the cry known around the world would ring out across the continents: Offside!

My understanding of the rule then was that whenever anything exciting was about to happen, the whistle would blow. I thought maybe there was an applause meter that let refs know when the game was getting too interesting.

I also had a problem with diving — not that players did it, but that they were so bad at it.

Soccer players are terrible actors. A player will collapse to the pitch like he's stepped on a land mine, even though replays show the opposing player had only made eye contact. That I can accept, but the game loses me when the diver rolls back and forth like he's kneading a patch of dough. No truly injured person in the history of the world has ever rolled back and forth violently. Nobody who's been in a car accident thinks, "Better roll it out."

And of course I hated hooligans. Even hated the name, which makes the most despicable people in the world sound like loveable scamps.

But I've since come around, if only because North America knows how to screw up their sports, too.

If I still find the occasional soccer game boring, I need only think of what it was like to watch this year's NHL playoffs, which in the final two rounds were an amazing display of shot-blocking, icings and offsides that the world had not witnessed the likes of since mid-January.

If I consider diving unsportsmanlike, I can think of how many people shrug off baseball players cheating their way right into the record books.

And if I wish to condemn rioters and thugs (and I do), I can also note how often North American sporting events seem to be celebrated with the ceremonial Burning of the Cars.

So now when the World Cup and the Euro roll around, I latch on to a team or two and drink in the colourful costumes, bicycle kicks, celebration runs and the rising crescendo of the soccer chant.

Frankly, any sport that can get 80,000 fans in one place without any of them singing YMCA is all right by me.

Danish fans soak up the atmosphere during a Euro 2012 match between Denmark and Portugal at Arena Lviv Wednesday in Lviv, Ukraine.
ALEX LIVESEY/GETTY IMAGES

Highs and lows at Euro 2012

MARTIN ROSE/GETTY IMAGES

Action

Portugal wins, Russian fans rage

A Portugal fan enjoys the pre-game atmosphere during a Euro 2012 match between Denmark and Portugal at Arena Lviv on Wednesday in Lviv, Ukraine.

Portugal went on to beat Denmark 3-2.

But the tournament has not been without its fair share of controversy.

Russia could be deducted six points in its qualifying group for the next European Championship if its fans turn violent again at Euro 2012.

UEFA fined the Russian soccer association $150,000 US on Wednesday because its fans attacked stadium stewards at a match last week in Poland. UEFA also gave the federation a suspended six-point deduction for a repeat offence.

Within hours of the announcement, UEFA charged Russia with further offences relating to its fans' behaviour inside the National Stadium during the match against Poland on Tuesday in Warsaw. Russian fans were also filmed fighting with stadium staff in Wroclaw after a 4-1 win last Friday.

THE ASSOCIATED PRESS

Baring it all

Croatia's culture ministry has told an employee to stop revealing her bare breasts at European Championship matches.

- Topless Internet photos of Jelena Miksa, a clerk at the culture ministry, and a female family member have been a hit on social networks and local media as they celebrated Croatia's 3-1 victory over Ireland on Sunday in Poznan, Poland.
- The women said they did it in support of the team.

Offside

"We don't want to sound discourteous — we've always been willing to take on any type of subject — but we'll return to that when we're calmer, not on the eve of a key match."

Italy coach Cesare Prandelli, responding to Italy player Antonio Cassano's remark on gay footballers. Cassano said Tuesday that he hopes there are no homosexual players on the national team at the European Championship, then used a derogatory word to describe gays. Hours later, he issued an apology.

Metropolitan Panel

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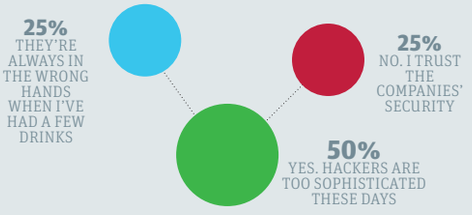
Do you fear your social-networking passwords will end up in the wrong hands?


25%
THEY'RE ALWAYS IN THE WRONG HANDS WHEN I'VE HAD A FEW DRINKS
25%
NO. I TRUST THE COMPANIES' SECURITY
50%
YES. HACKERS ARE TOO SOPHISTICATED THESE DAYS

Twitter

@karendackiw: This dog is super sweet and available for adoption!. Yips is my @reginahumane cute animal pic of the day! #yqr http://t.co/3M3zYQFL

@juristblog: RT @Heather4Regina: Thanks for all the support and encouragement. I'm looking forward to getting to work with the people of Ward 2! #yqrvotes

@emma_graney: Hey #yqr - got a cute cat? Email your photo to qckitties@gmail.com so your feline friend can star on Queen City Kitties.

@Patguy65: Ummmm..ya....not going to the #yqr tonight! #mother-naturewins http://t.co/xf8JSNem

@kenzie_kulcsar: Wandering downtown #yqr. Looking for inspiration.

metro

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2

SCENE

Scene in brief

Cruise honoured by Friars

Tom Cruise was in Manhattan to collect an award, and, yes, promote a movie. On Tuesday night, the actor received the fourth-ever Friars Club Entertainment Icon Award, placing him in the same company as Douglas Fairbanks, Cary Grant and Frank Sinatra. The evening was a toast, not a roast. Alec Baldwin presided at the Waldorf-Astoria, where speakers included such former co-stars as Cuba Gooding Jr. and Kevin Pollak. Robin Thicke and Corinne Rae Bailey were among the musical performers. Many had stories about working with Cruise and his impact on them.

THE ASSOCIATED PRESS

On the web

AKB48, whose singers are ranked by fans, becomes a hit in Japan; founder trying formula abroad

People of Saskatchewan 'funny by nature': Comedy fest creator

Growth. First stand-up comedy festival aims to get the city thinking of the format as a regular thing to do

BACKSTAGE PASS
PAUL BOGDAN
regina@metronews.ca

"We've had to almost condition Regina audiences for stand-up. It's not a regular thing that people go to every week. We're trying to change that," said stand-up comic and creator of the Pile O' Funny Bones Comedy Festival, Shawn Koch. It's Regina's first stand-up comedy festival and it features local and non-Regina talent.

Koch has been pivotal to the growth of stand-up comedy in Regina, starting the Comedy Grind at Gabbo's in 2010. But, looking back at when he started performing stand-up in Regina, the number of regular comics was lacking.

"When I first started, there were only about five guys that were regular stand-ups. Now, we're pushing towards 15 or 20," said Koch.

Developing stand-up talent takes time and numerous shows for the comics to get comfortable in front of an audience, and adjust their sets to what works. Doing so proved difficult in the past, however, with minimal regular comedy shows around Regina.

"For me, stand-up comedy is a 10-year process. If you want to be good at anything in life, you've gotta put your time into it. Unfortunately in Regina, people that were here were only getting one show a month ... the top guys in New York do 12 shows a week. How do you expect to compete with that?" said Koch.

Things are picking up speed though for stand-up in Regina. The Comedy Grind had its second birthday in February, and more people seem to be getting into, either attending or performing, stand-up comedy.

"It's really picking up ... Now, we've done over 100 shows with the Comedy Grind, and there are a couple other weekly shows popping up now and a couple other monthly shows," said Koch.

Even though stand-up comedy is still relatively small here, Koch said Regina is "definitely a funny city".

"As Saskatchewan people, I think we're a bit goofy by nature. Predominantly cold winters lend themselves to where people have to be — not huddled up necessarily, but there's a lot of family time, small chit-chat, people entertaining each other. By our nature, we're pretty funny people," said Koch.

Koch hopes to see this growth continue into the future, and eventually for Regina to have a venue dedicated to comedy.

"Three to five years from now I see myself hopefully owning my own comedy club where you can watch stand-up every night ... I think Regina really needs a stand-up club," said Koch.

Although, Regina isn't quite ready for that yet. Koch said if he were to open his own comedy club tomorrow, "it would be incredibly difficult".

In the mean time, comedy fans can check out the Pile O' Funny Bones Comedy Festival, which began yesterday and runs until Saturday, June 17.

A full list of venues and ticket information can be found at pileofunnybones.com.

Pile O' Funny Bones creator Shawn Koch. HANDOUT

Colin Farrell fully embraces demands of starring role in Total Recall remake

Summer blockbuster. Rising star and cast had a blast shooting sequel to 1990 sci-fi thriller in Toronto

TREVOR PARKER
scenel@metronews.ca

Colin Farrell stars in Columbia Pictures remake of Total Recall which opens in theatres August 3. COLUMBIA PICTURES

As eager as he may be for audiences to enjoy his work in the upcoming big-budget Total Recall remake, Colin Farrell wants to state upfront that there's one area in which his version wouldn't dare to compete with the 1990 Schwarzenegger original: "I noticed a lack of one-line jokes," he laughs. "No one does one-liners like Arnie!"

The Recall update is set to be a more sober, serious take on the tale of an oblivious man in the near future who tampers with his memories and ends up uncovering a hidden past and personality.

Farrell says he was at first reluctant to leap into a production that encompassed such a humongous scope, one that overran Toronto streets as well as occupying several cavernous soundstages at the city's new Pinewood studio facility while shooting last year.

"It was terrifying," he admits. "I've been quite content creatively, over the last six or seven years, doing films that were smaller in budgetary scale. It scares the s—t out of me, the idea of being in a really, really big film, it really does.

"But I'm open to it. Initially, I responded to the script and I responded to the idea of a man named Quaid who just really didn't know who he was. It brings up the questions: What makes a person what they are? What makes us all? Can you reclaim, can you change? So meeting Len (Wiseman, director) and seeing his concept artwork and the world he was going to create … I came away from meeting him saying, 'I'd really love to do this, I hope I can!'"

Actress Jessica Biel appears in the film as capable and sexy freedom fighter Melina. Of her role, Biel says, "Melina's grown up very much this underground soldier, and this very strong, empowered person."

Farrell and Biel are chatting with members of the media after a lengthy and particularly punishing day of staging Total Recall's extensive zero-gravity simulations. The action saw the pair trussed up by wires and hung upside down for hours at a time while blasting away with futuristic firearms.

"It's actually so physically painful that there's nothing to do but laugh," Biel says. "You just get completely giddy and it gets to a point where you feel like your eyeballs are about to pop out. We've done our best to laugh through it."

Biel goes on to say that she had much more fun working on her fight scene with co-star Kate Beckinsale, who plays the villainous Lori. She found the scene interesting "because (Kate and I) never fight with women. You're always fighting a monster or thug or something. You never fight a beautiful, sinewy long haired woman. I think it'll look really cool and aggressive. The only issue that we had during the fight was that Kate's hair kept getting stuck in my jacket!"

Skies the limit for Jessup as he bags bigger role

Turning 18. Canadian actor's Falling Skies character — Ben Mason — is not only growing up, he's finally getting a gun and a taste of the action

June is a big month for Canadian actor Connor Jessup, to put it lightly. First, he's finishing high school, and later this month he turns 18. On top of all that, Jessup gets to celebrate the second season premiere of the science-fiction series Falling Skies, in which his character, Ben Mason, plays a much bigger — and more gunplay-filled — role than in the first season.

It must be stressful trying to juggle promoting a TV show and finishing high school.

Yeah. It's less stressful than trying to juggle shooting the show and finishing high school, which was basically impossible to do. So now I'm suffering for the time I spent shooting, trying to catch up with everything. I graduate the day before my 18th birthday, so it's very exciting. Which is also three days after the show airs, so it's a very packed week. June's exciting.

Quoted

"I like to describe it as puberty on steroids — he doesn't know what's happening to him."

Connor Jessup, Falling Skies, explaining the changes his character is going through

Your character gets a lot more to do on the show this year.

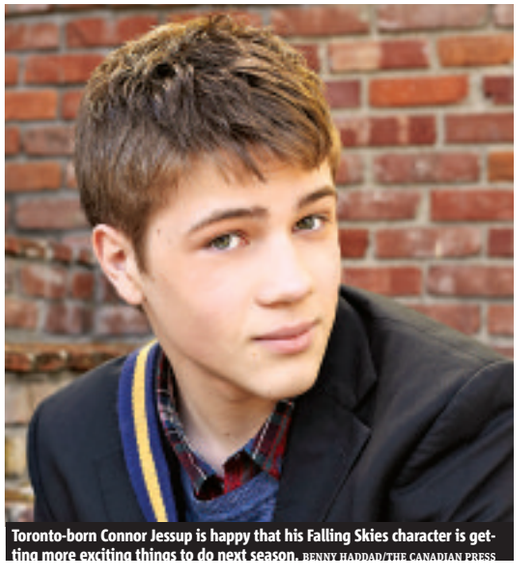
Last season, Ben was the guy who stayed back and didn't go out on any fights. He was more passive, more bookish. He was less involved in the actual action of the show. Between seasons one and two, there's a time gap of three months, and in that time he's become a fighter. He's become much more aggressive. He's become very angry because he thinks his dad is gone and probably dead, he's lost a lot of people in these various battles. He's become much colder and more distant. When the season takes off, he's fighting. He's very angry at the aliens, but a lot of that anger is a manifestation of his own fear and confusion. I like to describe it as puberty on steroids — he doesn't know what's happening to him, there's a lot happening to his body, to his emotions, and he's trying to deal with them through angst, violence and aggressiveness. But also this season Ben plays a much more central role in the mystery of the show.

What was your reaction when you heard how much more you'd have to do?

It happened in stages. We found out that the show was getting picked up for a second season in July, almost a few weeks after it aired, but I didn't hear anything after that about what the season was about or what was happening, until September, which was only three or four weeks before we started shooting. So it's mid-September and I get a phone call from one of our executive producers and directors, Greg Beeman. I love him a lot, but he has a very succinct way of talking. He gets right to the point. He just said, "You're going to be an action hero. Buff up" and hung up, pretty much. He left me with that. I didn't know what it meant, I didn't know the context. All I knew was that I was going to be involved in the action stuff, and I had three and a half weeks to go to the gym.

Aside from a lot of time in the gym, you had to do some weapons training as well.

Last year, I was always very envious of the other cast members with their AK-47s and their pistols and grenade launchers and all those things. I was always kind of hoping that I could use one. I always thought that it was a distant possibility, but sure enough my character, beyond just using one, always has one now. So we had to go through weapons training before we started shooting, which is basically just a day of learning how to handle weapons, be safe with them because we fire a lot of blanks in the show. You get to pick your weapon in the show, so the guns end up reflecting the characters.



Toronto-born Connor Jessup is happy that his Falling Skies character is getting more exciting things to do next season. BENNY HADDAD/THE CANADIAN PRESS

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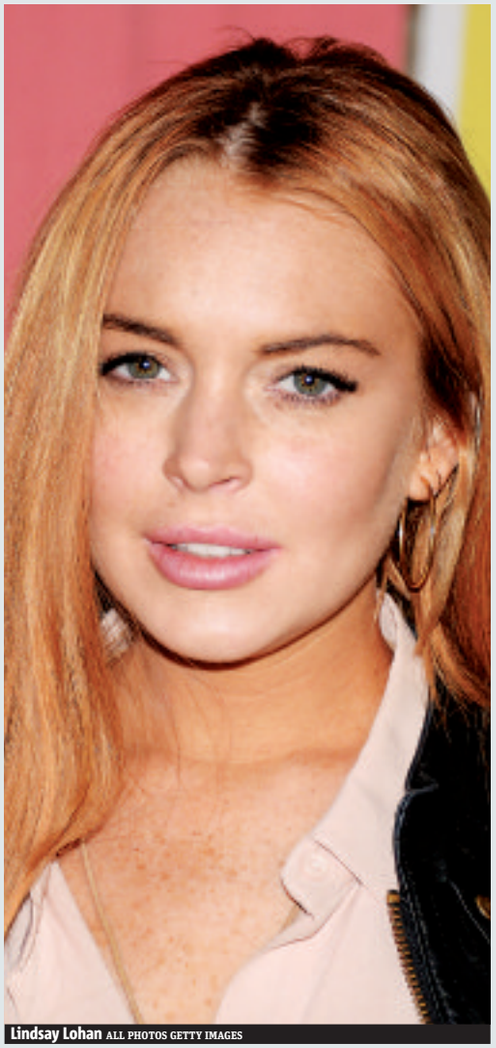

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lohan escapes a charge, earns a babysitter

THE WORD
Monica Weymouth
scene@metronews.ca

This Lindsay Lohan car crash is turning out to be especially hard to look away from.

Not only did the actress lie about who was driving, but now police have confiscated a plastic bottle full of alcohol from the rented Porsche's trunk, reports TMZ. Luckily, police have decided not to cite her with an open container violation, and she reportedly was not under the influence at the time of the crash. Lohan's employers, however, aren't willing to look the other way. The producers of her new Elizabeth Taylor biopic for Lifetime, Liz & Dick, decided to stop taking chances and hired her a driver.

"Lifetime will lose a ton of money if Lindsay doesn't finish filming Liz and Dick, plus they don't want anything to happen to her on their watch," a source tells PerezHilton.com. "So it was decided it would be cheaper to get her a driver. This is a make-or-break moment for Lindsay."

Nice start, guys. But we recommend adding a special ops team, a creative pharmacist, a lazy river and the fluffiest basket of kittens L.A. has to offer if you truly want to contain this girl.

Leonardo DiCaprio

DiCaprio coupling up with Heatherton

Leonardo DiCaprio appears to be serious about his latest girlfriend, Victoria's Secret model Erin Heatherton, whom he's been dating long-distance since December, according to Us Weekly.

Though he followed up filming The Great Gatsby in Australia by heading straight to New Orleans for Quentin Tarantino's Django Unchained, DiCaprio has been making more time for Heatherton lately, hitting the town in New York.

They were spotted fawning over one another at the restaurant Candela earlier this week. And just last week, the pair hit up New York hotspot the Darby.

"They showed up hand-in-hand," a source says. "They were acting like a couple all night."

Arquette making divorce official

David Arquette, after nearly two years of separation, has finally filed for divorce from Courteney Cox, according to TMZ.

The papers, however, list the official date of separation as December 31, 2011.

Arquette apparently signed the papers in March but held off on submitting them until Tuesday, which would have been the couple's 13th anniversary. Arquette cited irreconcilable differences in the filing, and though he's asking for joint legal and physical custody of their eight-year-old daughter, Coco, he has not asked for spousal or child support.

Arquette also plans to represent himself in the proceeding.

David Arquette

Denise Richards

Richards in splitsville

The apparent romantic rekindling between Richie Sambora and Denise Richards is now off, it turns out, according to Celebuzz.

"They're done," a source says. "They've always stayed friends through everything they've gone through. Sambora and Richards first dated in 2006 after splitting from their respective exes, Heather Locklear and Charlie Sheen.

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3 LIFE

Fashion Flash

Jeanne Beker honoured with award

After 27 years as host of FashionTelevision, Jeanne Beker was presented with the 2012 Canadian Award of Distinction at this year's Banff World Media Festival. Previous winners of the award include Howie Mandel, Eric McCormack and Kim Cattrall. "It's sort of one of those awards where you sort of wonder, 'Does this mean I've arrived or does this mean it's time to leave?'" Beker said with a laugh during a recent interview. "It's really humbling," added the host of FashionTelevisionChannel, Canada's first and only 24-hour channel dedicated to fashion, beauty and design. "I'm really surprised in some ways just because I can't see the forest for the trees sometimes. I remember early days of my career where I had to fight hard for credibility because I didn't always have it."

THE CANADIAN PRESS

On the Web

Louvre Museum opens storied hallways to Ferragamo fashion show, making history

Making a splash

After months of cloud and rain, you may feel self-conscious when showing off your sun-deprived body for the first time. However, covering up with a drab or unflattering swimsuit isn't going to help. Summer is your time to shine, so we picked the top eye-catching swimsuits that will ensure you make a jaw-dropping entrance, wherever you go.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Lazy beach day: Seafolly

Tea Rose bustier bra in coral & siren pant in coral
$85 & $72
seafolly.com

Beach date: Zimmermann

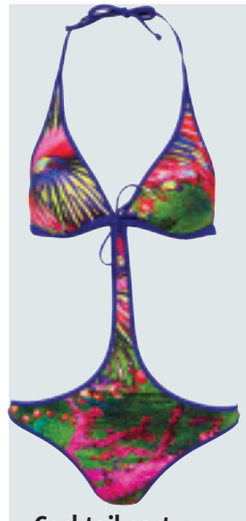
Savannah floral-print strapless swimsuit
top: $330
net-a-porter.com

Pool party: H&M

Turquoise/patterned bikini top and bottom
top: $4.95 & bottom: $4.95
hm.com

Girly get together: Topshop

Blue Rio Print One Piece swimsuit
$68
topshop.com



Cocktail party: ASOS

Bold Tropical Cut Out Suit
$52.19
asos.com

Buff and beach ready

RICHARD PECKETT
Metro World News in London

"I think sex sells for women also," says model Matthew Terry. Of course he would say that, being one of the current Calvin Klein Bold Underwear Adonises. You'll no doubt have borne witness to his seductive form in bright, 'bold' trunks stretched taut, abdominals gleaming, hair slicked back — the body perfect emissary of the global super brand.

The poster boy continues: "Especially if a girl sees an ad for men's underwear and she finds the model appealing, then maybe she'll buy the product for her boyfriend." I resist saying they want you and preferably without your pants on, seeing as he seems oblivious to the fact that he is the reason women swoon and men disdainfully stare at their turgid guts.

However, the body and look that we so admire with either lust or envy is the result of an Olympian-esque training regime (aside from the odd glass of wine) and you thought modeling was easy money. Tsk!

A healthy start

"I get up and exfoliate my back and neck and I wash with Panoxyl face wash — I use this twice daily because I have slightly oily skin." He is human after all. Terry adds, "For breakfast I eat an English muffin with peanut butter (high in calories but filled with the same monounsaturated fats as olive oil) followed by an apple or banana and a cup of decaffeinated green tea."

Warm weather workout for summer

"I try to hit all the muscle groups and recently I've been randomizing my workouts." In layman's terms that means short bursts of exercise per repetition, repeated ten times. Here's the drill: Bicep curls with 35 pound dumbbells; leg presses with a weight of 280 or 290 pounds to feel the burn; 20 leg raises to 90 degrees and down

The Pennsylvanian-born model says, "I drink plenty of water to avoid muscle cramps and I do the exercises for a maximum of two hours and a minimum of one hour." Bear in mind that Terry goes to the gym four times a week and might just "pump out 50 push ups on a day." Don't we all?

Hit the abs

"There are pieces of equipment that focus on the abdominals —personally I like the gym ball," admits the 20-year-old.

Here we go again: "Place your legs over the ball in a sit up position and get crunching. It hits your abdominals because of the angle and range at which you're working.

Try mixing it up with a twist to nail your oblique (side abdominals) muscles," he enthuses.

Top 2: Get body-conscious

Orlebar Brown setter

Short-length printed swim shorts
$265, mrporter.com

Calvin Klein

Bold trunks, $28
calvinkleininc.com

Everything old is new again

Saturated, over-dyed carpets create a modern look. These can add as much impact to the floors as art does to walls. Ryegrass Rug, $2,298 ANTHROPOLOGIE.COM

Faded carpets take on a sun-bleached look for a soft worn look. Ottoman Vintage #14330 Rug, $180. ECARPETGALLERY.COM

Carpet trends. Faded, chopped and dyed rugs make for some pretty artful floors

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The look of handmade is everywhere in design and acts as a great juxtaposition to modern furnishings and art in a room.

Without exception, the floors are the most ignored part of any decor scheme. Why not add uniqueness to your space by adding a vintage rug?

The world is full of old, tattered, outdated carpets and what better way to recycle than to reinvent them into something hip and attractive?

The earth-friendly trend is to reuse and revamp worn and outdated rugs into something fresh and artful for our rooms.

Second-life rugs can be bleached for a sun-kissed romantic look or over-dyed with rich saturated Andy Warhol-style acidic colours. Damaged rugs can be cut into large pieces and sewn back together for a patchwork of pattern in a room.

Colour-matched remnants of kilim carpets create a handmade and casual look for the floor. Patchwork Kilim Rug, $464 HOMESAV.COM

Unroll a little art

Rug rules

If the room is in desperate need of colour or pattern, then choose a glass or Lucite coffee table to show off your rug.

Too much colour for your liking? A wooden table or large ottoman will help break it up.

Use a rug to define an area in a room or hallway. Two or three short runners can break up a long hallway space and shorten the overall look while a collection of layered rugs can be easily moved around for a variety of looks.

In small spaces try to match the tone (light and dark) of the rug to the floor; it visually makes the space look larger if both match.

Patterned carpets are great for high-traffic areas.

Sweet dreams

Interested in a three-way in your bed?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Charles,
What is the three-sheet bed-making process and why is this important? Why do we need three sheets?
Curious

Hello Curious!

The three-sheet bed method is an older method that was used particularly when wool blankets were on the bed and these items were rough against the skin.

The third sheet covers the blanket and gets tucked in just like all of the other sheets on the bed. This third sheet made the bed softer and nicer so that you didn't feel the rough wool against your skin, and more importantly you didn't dirty the wool blanket, as washing it was very difficult.

If the bed had a duvet, it was then folded in a "three-fold" at the end of the bed and only used on very cold nights.

Although not common today, when you see a bed made in this fashion, and sleep in a bed made with three sheets, it is fabulous, luxurious and such a treat!

Lastly, often the "third sheet" had a family crest or initials in the middle of the sheet, which visually looks breathtaking.

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metro

FATHER'S DAY

Thursday, June 14, 2012

Spending quality time with dad during Father's Day is a simple, yet thoughtful, gesture from the family. DESIGN PICS/THINKSTOCK

How to celebrate dad's big day

ASTRID VAN DEN BROEK
For Metro

You and the kids have breakfast in bed planned. Now what else should you do for Father's Day? Here are some other ways to celebrate the big guy this Sunday.

Make it from the heart

"To truly celebrate my role as a father, I would love to be recognized for the things I do day in and day out," says Jim Lin, the blogger behind busydad.com. And that recognition could even be as small as a homemade card or drawing telling dad why he really is the best dad ever.

"But if you want to indulge me on my special day, all I really want to do is spend the day enjoying my family without the usual distractions that come with it, such as chores, cleaning, watching what I eat and so forth."

However, if you are out of preschool and have grown out of making those homemade cards for dad, little heartfelt gestures go a long way — think taking dad out to do something he loves, from going for coffee to a game of tennis on the courts.

Keep it family focused

The point is to make it special and involve the family, says Chris Read, the blogger who writes canadiandad.com. "While a lot of guys would love to golf with their buddies or ride in a limo in Vegas, the real truth is that we have all year to do that stuff and this day should be about family," says Read. "Maybe give dad an hour to himself at some point during the day and that will be more than enough. Though, this depends on the lifestyles of the family."

Sleep, sleep, sleep

Give dad the ultimate gift any father can appreciate.

"On the actual day, a sleep-in is always a great way to spoil dad. They're a lot less frequent nowadays," says Nick Cheeseman, a father and blogger with Canadad (ncheeseman.blogspot.ca).

"For me, a day of family fun such as an outing to the zoo would be best the way to spend it. Just avoid maybe big brunches with the whole extended family or some time to watch the big game on the couch."

New ideas. Resist the urge to get the same old gift

Step away from the tie … and try getting something new for dad this Father's Day. Stumped for ideas?

We asked four daddy bloggers for suggestions on what to give dad.

Dads in their 20s-30s

"Try spoiling dad with things like breakfast in bed or an hour at a day spa — yes, modern dads also enjoy looking after their bodies well," says Stefan Korn, the blogger behind DIYFather.com. Many spas offer Father's Day packages that include services such as facials, massages, pedicures for men and more.

Dads in their 40s-50s

Help keep top of dad's mind while he is at work, suggests Warren Orlans, the blogger behind urbandaddy.wordpress.com. "Last year, I received a beautiful set of cufflinks, which are very much back in fashion for working dads," he says. Other ideas include a picture frame with the family's picture in it or a mouse pad with a picture of the kids on it.

"Give him something where he can be a kid again," says Nick Cheeseman, the Canadad blogger (ncheeseman.blogspot.ca). Think gifts such as a new football if dad likes to toss the ball around or a new Wii game just for him to play.

"Tickets to a sporting event or some advanced driving lessons — rally or race, not defensive — also works," says Cheeseman. "If you really want to splurge, how about a whitewater rafting trip with his buddies or a weekend kid free, especially with his wife."

Dads in 60s and older

Give dad a bottle of his favourite drink, suggests Korn. Get a little creative if you can — pair a bottle of spicy vodka with a can of Clamato, celery salt and pepperoni sticks or a bunch of celery for homemade Caesars, or a six-pack of beer plus an offer to take him on a brewery tour.

If you really can't decide what to get him, give the choice to dad. "Dads love gift cards to tool shops, sporting goods stores and electronics," says Chris Read, the blogger with canadiandad.com.

"Yes, gift cards are impersonal but they are what we like, so don't feel bad!"

ASTRID VAN DEN BROEK

Hey sport, how about playing catch

PETER DOYLE
For Metro

With Father's Day fast approaching, the pressure is on to find a memorable gift. This year, instead of another tie or a bottle of single malt, find something that appeals to his inner sportsman.

The first step is to consider which sports interest your dad: Does he play recreational hockey? Is he a golfer, a cross-country skier, a runner? There is a set of equipment and apparel for each sport.

Once you have chosen a sport, you will need to learn if there is something he needs. A little research will help: Get in touch with one of his teammates or buddies (e.g., tennis or golf partner). While many men tend to buy what they want when they need it, most often settle for low- to medium-quality. This might give you an opportunity to go for the gold: Giving him something of a quality higher than he would buy for himself sends a clear message that you believe he is worth it.

If your dad is more fan than player, start by making a list of his favourite teams. Merchandising is the cash cow of professional sports and the array of team branded gear expands daily: From chairs and key chains to rubber ducks, and iPhone and iPod covers. Another option is to buy a television or Internet package so he can watch to his heart's content.

If your dad loves books, buy a large-format tome such as Sports Illustrated's The Baseball Book or The Hockey Book. If he is a serious reader, consider Stephen Brunt's Gretzky's Tears: Hockey, Canada and The Day Everything Changed, or Searching for Bobby Orr. A more sentimental choice is Fathers and Sons and Sports, a collection of short stories and reports from a long list of great writers.

If your father goes to the gym regularly, consider a good quality bag for sports gear or toiletries. A few other ideas: A bike computer or pedometer, or camping gear, such as a headlamp or comfortable camp chair.

The best gift of all, of course, is the gift of time. So take your dad to a game, watch a sports-themed movie together or just play some catch in the backyard.

Wordle.net lets children stretch their imagination by thinking of expressive words that best describe their dad. CONTRIBUTED

Crafts. Handmade gifts that are made from the heart

KELLY PUTTER
For Metro

Nothing says you care quite like a personalized gift, so encourage kids to create their own mini masterpieces this Father's Day.

A perennial favourite is this tasty barbecue rub, says Oakville elementary school teacher Nina March. For this Emeril Lagasse recipe, combine 2½ tablespoons paprika with 2 tablespoons each of salt and garlic powder. Add 1 tablespoon each of black pepper, onion powder, cayenne powder, oregano and thyme and mix thoroughly. Pour into spice jars and you are good to go.

"Dads seem to like this gift so much that they often come back asking for the recipe year after year," says March, who has taught for 17 years. "When we do Father's Day gifts it reflects what kids think is important to their dads."

Coupon books are an inspired way to tell dad you love him. March encourages her students to design coupons that promise to make dad's life easier in some small way. Good options might be giving dad two hours of quiet time so he can watch the baseball game or assuring him you won't fight with your sibling at the dinner table.

Tech-savvy kids might enjoy this craft that fashions words into fun and funky artwork. Wordle.net lets children stretch their creative juices by thinking of expressive words that best describe dad. They might use dad, hockey, play and funny in their depiction. The website then spits out the words in different fonts, sizes and layouts. Print a copy and glue it onto construction paper. Children can make a puzzle-piece frame on card stock to complete the project.

No father can resist a world's-best-dad trophy. You will need two foam coffee cups, a five-inch square box, masking tape, one gold chenille stem, gold craft paint, black construction paper, glue and a white paint pen.

Glue the bottoms of the cups together. Once dry, wrap a piece of tape around the middle of the cups. Tape the entire box with masking tape. Cut chenille stem in half and insert into the sides of one cup as trophy handles.

Paint the cups and box in gold. Write "Word's Best Dad" in white on black construction paper and glue to the front of the box. Apply glue onto the bottom of the cup that doesn't have the trophy handles. Press on top of box and dry completely.

Ready to meet new meat? Say hello to cutting edge of carnivore world

The economy has prompted cost-conscious restaurant chefs to spearhead creative — and often less costly — new cuts of beef.

And when they do that, it usually doesn't take long for those cuts to move off the menu and into butcher and grocery shops.

To help get you grill with some of the newly popular cuts of beef, here are recipes for three meats on the cutting edge.

Ingredients

Start to finish: 45 minutes

- 2 tbsp vegetable oil
- 1 tbsp brown sugar
- Salt and ground black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp cayenne
- Four 12-oz chuck roll steaks
- 1 large sweet onion, cut into 4 thick slices

1. In a large bowl, stir together the oil, brown sugar, 1 teaspoon salt, 1 teaspoon pepper, garlic powder, onion powder, smoked paprika, cumin and cayenne.

2. Place the steaks in the bowl and massage the mixture into the meat, making sure to coat all sides. Allow to sit at room temperature for 30 minutes.

3. Heat the grill to medium-high.

4. Season the onion slices with salt and pepper. Grill the onions without flipping them for 6 to 8 minutes, or until charred and tender. Grill the steaks for 4 to 5 minutes per side for medium-rare.

5. Remove the steaks from the heat and allow to rest for 8 to 10 minutes before serving. Serve with the grilled onions.

THE ASSOCIATED PRESS

Chuck Roll Steaks with Barbecue Rub and Grilled Onions.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Book of the week

Rethink how you cook your meat

In Charred & Scruffed, chef Adam Perry Lang produces layers of flavour by using new techniques that range from roughing up meat and vegetables ("scruffing") to cooking directly on hot coals ("clinching") to constantly turning and moving the meat while cooking ("hot potato"). Meanwhile, his board dressings and finishing salts build upon delicious meat juices.

The new techniques result in recipes such as Leg of Lamb, Clinched-and-Planked Shrimp, High-Low Boneless Rib Eye, Scruffed Carbonara Potatoes, Crispy Moonshine Onion Rings and more. METRO

Top teres major with cilantro-cashew pesto

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

1. Heat a grill to high.

2. In a blender, combine the cilantro, olive oil, water, cashews and Parmesan. Blend until smooth, or as smooth as you prefer. Season with salt and pepper, then blend again. Set aside.

3. Season the steaks with salt and pepper. Soak a crumpled paper towel with oil. Clasping the paper towel with tongs, oil the grates of the grill. Add the steaks and cook over high heat for 5 to 8 minutes per side for medium-rare.

4. Remove the steaks from the grill and allow to rest for 8 to 10 minutes. Thinly slice the steaks across the grain and top with the pesto.

THE ASSOCIATED PRESS

Ingredients

Start to finish: 45 minutes

- 1 bunch fresh cilantro, stems and leaves
- 2 tbsp olive oil
- 2 tbsp water
- 1/4 cup toasted cashews (pieces are fine)
- 1/4 cup grated Parmesan cheese
- Salt and ground black pepper
- 2 lbs teres major steaks
- Vegetable or canola oil

Mix & Match. Fennel-Rubbed Denver Steaks with Fennel & Blue Cheese

1. Heat the grill to medium-high.

2. In a spice grinder or using a mortar and pestle, grind the fennel seeds. Sprinkle the ground seeds over both sides of the steaks, then rub into the meat. Season the steaks with salt and pepper. Season the fennel bulb quarters with salt and black pepper.

3. Soak a crumpled paper towel with oil. Clasping the paper towel with tongs, oil the grates of the grill. Grill the fennel quarters for 10 minutes, turning once during cooking. Grill the steaks for 4 to 6 minutes per side for medium-rare. Remove the steaks from the heat and allow to rest for 8 to 10 minutes.

4. To serve, arrange 2 fennel quarters on each plate. Squeeze some fresh lemon juice over them, then top with a sprinkle of blue cheese. Serve with the steak.

THE ASSOCIATED PRESS

Ingredients

Start to finish: 30 minutes

- 1 tsp fennel seeds
- 4 Denver cut steaks, 3/4-inch thick (2 lbs total)
- Salt and ground black pepper
- 2 fennel bulbs, white parts only, cut into quarters
- Vegetable or canola oil
- Wedges of lemon
- 1/4 cup crumbled blue cheese

Complex case

Jurors resume deliberations in Clemens trial

In their final attempt to convince jurors that Roger Clemens lied to Congress, prosecutors basically called his wife a liar, too. In his closing, Clemens' lawyer Rusty Hardin characterized the case as "a horrible, horrible overreach by the government and everyone involved" and hammered away at the government's evidence.

Jurors, who met for 15 minutes Tuesday, resumed deliberations Wednesday as they work through a complex verdict sheet.

Two jurors have already been dismissed for sleeping, and U.S. District Judge Reggie Walton said at a hearing Wednesday — while the jury deliberated in a separate room — that Hardin noticed another one sleeping during his closing argument the day before. Walton said that Hardin told him that's why he had pounded the podium.

Clemens, a seven-time Cy Young Award-winning pitcher, is charged with perjury, making false statements and obstructing Congress when he denied under oath in 2008 that he took steroids or HGH. The government's chief witness, Clemens' longtime strength coach Brian McNamee, said he injected Clemens with steroids in 1998, 2000 and 2001 and with HGH in 2000. THE ASSOCIATED PRESS

Rogers Clemens
THE ASSOCIATED PRESS

New doping charges 'baseless': Armstrong

Cycling. Seven-time Tour de France winner had hoped his fight to be viewed as a clean athlete was won

Lance Armstrong at the Paris Roubaix cycle race in April. BRYN LENNON/GETTY IMAGES

For Lance Armstrong, the doping allegations aren't going away. In fact, they're starting all over again.

The U.S. Anti-Doping Agency has filed formal charges against the seven-time Tour de France winner, threatening to strip him of his victories in the storied cycling race.

Armstrong, who forcefully denied the accusations, could face a lifetime ban from the sport if he is found to have used performance-enhancing drugs. The move by USADA immediately bans him from competing in triathlons, which he turned to after he retired from cycling last year.

Armstrong has been dogged by doping allegations since his first Tour victory in 1999, but had hoped his fight to be viewed as a clean champion was finally won after U.S. federal prosecutors closed a two-year criminal probe in February without bringing any charges. Armstrong has said the investigation took a heavy emotional toll and he was relieved when it ended.

But USADA officials insisted they would continue to pursue their own probe into Armstrong and his former teams and doctors, and notified him of the charges in a 15-page letter on Tuesday. Unlike federal prosecutors, USADA isn't burdened by proving a crime occurred, just that there was use of performance-enhancing drugs.

Quoted

"I have never doped, and, unlike many of my accusers, I have competed as an endurance athlete for 25 years with no spike in performance, passed more than 500 drug tests and never failed one."

Lance Armstrong in a statement dismissing the allegations.

In its letter, USADA said its investigation included evidence dating back to 1996. It also included the new charge that Armstrong blood samples taken in 2009 and 2010 are "fully consistent with blood manipulation including EPO use and/or blood transfusions." Armstrong came out of his first retirement to race in the Tour de France those two years.

Armstrong, who was in France while training for a triathlon, issued a statement dismissing the latest allegations "baseless" and "motivated by spite."

Even though he last won the Tour seven years ago, the 40-year-old Armstrong remains a popular — if polarizing — figure, partly because of his charity work for cancer patients.

The USADA letter, a copy of which was obtained by The Associated Press, accuses Armstrong of using and promoting the use of the blood booster EPO, blood transfusions, testosterone, human growth hormone and anti-inflammatory steroids. The letter doesn't cite specific examples, but says the charges are based on evidence gathered in an investigation of Armstrong's teams, including interviews with witnesses who aren't named.

THE CANADIAN PRESS

Tennis. Nestor and Raonic to lead Canada's Olympic team to London

Olympic gold medallist Daniel Nestor and singles star Milos Raonic will lead Canada's tennis team at the London Olympics.

Nestor, Vasek Pospisil, Raonic and Aleksandra Wozniak were nominated for selection to Canada's Olympic team for London on Wednesday.

Nestor, who won Canada's only gold medal in tennis with Sebastien Lareau in 2000, will team up with Vancouver's Pospisil in doubles on the All England Club in Wimbledon, the Olympic venue for the sport.

Quoted

"My dream came true today. I'm very excited and I'm sure that I'll be feeling many emotions once I'm there."

Aleksandra Wozniak

Raonic, from Thornhill, Ont., and Wozniak, from Blainville, Que., will play singles.

THE CANADIAN PRESS

Basketball

NBA finals a battle of the 'smalls'

This year's NBA finals could be decided by who's better at playing small.

The Oklahoma City Thunder countered the Miami Heat's undersized lineup by benching their starting frontcourt players, Kendrick Perkins and Serge Ibaka, for the final 14 minutes and were able to rally and win Game 1, 105-94.

The Heat say it's not necessarily who's on the court, but how they're playing that needs to change. Mainly, there needs to be more aggression on offence and better defence.

THE ASSOCIATED PRESS

Diving. Canadian expects to compete in London despite head injury

Canadian diving star Alexandre Despatie is expected to compete at the Olympics in London despite a deep cut to his head from a diving accident.

The two-time Olympic silver medallist from Laval, Que., was training in Spain for this weekend's Grand Prix when he struck his head on the board full force Tuesday afternoon.

Despatie was performing an inward three-and-a-half at the time, during which his head spins back towards the board during rotation.

Alexandre Despatie GETTY IMAGES

"It was a really out-of-the-ordinary, really freak accident in his case," Dive Canada chief technical officer Mitch Geller said Wednesday.

THE CANADIAN PRESS

4 SPORTS

Quoted

"The public saw the fight and they're outraged, and we need clarity here."

Bob Arum, the promoter for the fight between Manny Pacquiao and Timothy Bradley, who hopes there will be "clarity" about the judging of the fight after the WBO announced it would review the controversial split decision that went in Bradley's favour. WBO president Francisco (Paco) Valcarcel said in a statement Wednesday that the WBO's championship committee will review video of the fight with five "recognized international judges" and make a recommendation. He said the WBO does not doubt the ability of the scoring judges. Most reporters seated ringside and the vast majority of fans inside the MGM Grand arena on Saturday night thought Pacquiao had easily defended his welterweight title against Bradley.

"Was there any funny business going on? Or no funny business? Did they have a conversation with each other? We need to get clarity. The public is demanding it."

Bob Arum

THE CANADIAN PRESS

On the web

A bottle of unopened Budweiser was delivered to the Los Angeles Kings dressing room the night they lost the 1993 Stanley Cup in Montreal. Scan the code to find out how, 19 years later, a former athletic trainer finally got to drink that beer from the Stanley Cup.

German win has Netherlands facing early tourney exit

Nigel de Jong, right, of the Netherlands, tackles Mesut Ozil of Germany during a Euro 2012 Group B match on Wednesday in Kharkov, Ukraine. JOERN POLLEX/GETTY IMAGES

Euro 2012. Gomez nets two first-half goals as Germans sit atop tough Group B

Mario Gomez left the Netherlands on the brink of elimination from the European Championship, scoring both goals in Germany's 2-1 win Wednesday over one of its historic rivals.

Gomez scored both in the first half of one of the most anticipated showdowns of the tournament.

Robin van Persie pulled one back for the Netherlands in the second half but the defeat leaves the 2010 World Cup runner-up dangerously close to going home.

"Early on we had decent chances but the German goals came out of nowhere," Netherlands coach Bert van Marwijk said. "We defended badly. Our offence and defence did not connect.

Group B

Germany	Netherlands
2	1

"Germany really has an excellent team. It has power, creativity and scoring."

Germany, a three-time European champion, has six points from two wins but is still not sure of advancing from Group B, where three teams could end up with six points. Earlier, Portugal beat Denmark 3-2.

"We've taken a major step and opened the door to the quarter-finals," Germany coach Joachim Loew said. "Now we have our destiny in our own hands against Denmark."

The Netherlands, along with Germany, is considered one of the favourites but was drawn into a tough group. It now has lost both group games and needs to beat Portugal to have a hope. Germany will need only a draw against Denmark to win the group.

"The time just wouldn't pass, it remained standing (at the end of match)," said Gomez, who also scored the only goal in Germany's opening 1-0 win over Portugal. "They were pressing. It was close until the end but with Manuel Neuer in goal we can be a bit more relaxed.

"The expectations were great from our team even before the tournament and we've won six points against two classy teams, but it's a long way to the final."

THE ASSOCIATED PRESS

Quoted

"We had imagined all of this very differently."

Netherlands captain Mark van Bommel

Late goal propels Portugal to win

Underperforming Portugal finally got a win. Underperforming Cristiano Ronaldo wasn't much help.

After a miserable run of four games without a victory and only one goal scored, the Portuguese came through with an 87th-minute goal from substitute Silvestre Varela to beat Denmark 3-2 in Group B of the European Championship.

"Those of us who don't play from the start must be ready to join in at any time and deliver what the manager wants," said Varela, who replaced Raul Meireles in the 84th. "We should keep on working like this to achieve our aims."

All four teams in Group B can still advance to the quarterfinals. After Germany beat the Netherlands 2-1 in the late match, the three-time champions lead the group with six points while both Portugal and Denmark have three.

Varela scored the winner three minutes from the end, spinning on the ball and shooting from short range. It was Varela's first international goal in four appearances.

But the winning strike came late, and after several missed opportunities from Ronaldo.

"We should have killed the game off earlier," Portugal coach Paulo Bento said. "We had enough chances."

Silvestre Varela, right, of Portugal celebrates scoring in the 87th minute with Joao Moutinho during a Euro 2012 Group B match against Denmark on Wednesday in Lviv, Ukraine. ALEX LIVESEY/GETTY IMAGES

Portugal also got first-half goals from Pepe and Helder Postiga at the Lviv Arena, but the Danes replied with a pair of goals from Nicklas Bendtner. The Denmark striker found the target just before halftime and then made it 2-2 in the 80th.

"To lose in the last five minutes is very tough for us to take," Bendtner said. "We felt that one point at that stage was a very good result for us."

Ronaldo is Portugal's captain and easily its best player. And at Euro 2012, the team is looking to him to reproduce the kind of goal-rich form he showed at Real Madrid last season when he scored 60 goals.

But Ronaldo, facing a compact Danish defence that denied the Netherlands a goal in their opening win, didn't even take a shot until the 18th minute. That one flew wide, and the forward threw his arms in the air and apparently cursed at a divot in the pitch.

"Ronaldo is one of the best players in the world and is a very good captain and a very good leader," Pepe said. "I'm sure he will score soon."

Ronaldo was the team's top scorer in qualifying for the tournament, racking up seven goals. But after the final whistle Wednesday, while Pepe raised his arms and celebrated, Ronaldo crouched alone on the field, staring quietly at the turf.

THE ASSOCIATED PRESS

Ambush marketing

Nicklas Bendtner could face UEFA action for ambush marketing after he scored his second goal in Denmark's 3-2 loss against Portugal. Bendtner's celebration Wednesday included lifting his shirt and dropping his shorts slightly to reveal a gambling firm's name on his underpants.

The bookmaker later tweeted a photograph claiming that Bendtner was wearing his lucky underwear.

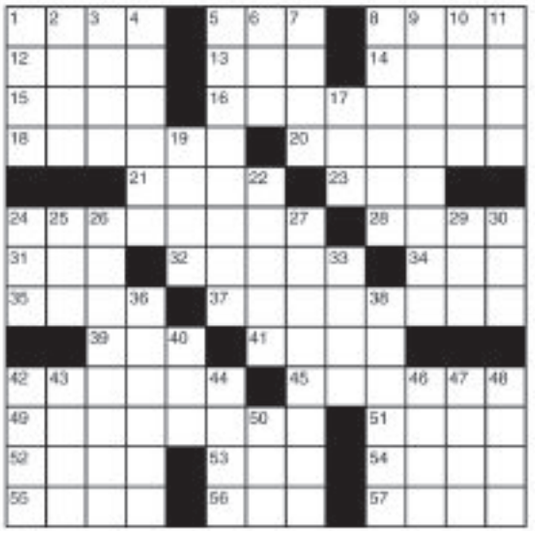
Crossword

Across

1 Venomous snakes
5 "The A-Team" actor
8 Borders
12 Beehive State
13 — de cologne
14 Sandwich cookie
15 Easy gait
16 Clever plan
18 Snow White's allies
20 Melee
21 Land map
23 Set of parts
24 Poker hand
28 Prevalent
31 Have bills
32 Prepare to drive
34 Neither's mate
35 Luxurious
37 Alien
39 Also
41 Opposed
42 Handy
45 Vessel for boiling
49 Noncommittal position
51 Teeny amount
52 Noble
53 Festive
54 Pressing need?
55 Argument
56 Type units
57 Albacore, e.g.

Down

1 "— Lang Syne"
2 Pack cargo
3 One of the Three Bears
4 Himalayan guide
5 Some notes
6 Snitch
7 Surf and —
8 Pompous talk
9 Putting up
10 Grand-scale prefix
11 Beans used in miso
17 Noah's boat
19 Move like a moth
22 Eighth Greek letter
24 Bribe
25 Pair
26 Roadside stop
27 Jailers
29 Enemy
30 Blunder
33 Liver spread
36 Capital of Tasmania
38 Fool
40 Ancient
42 Mail-truck abbr.
43 Dance lesson
44 Rim
46 From one end to t'other
47 "The — King"
48 Sicilian volcano
50 Fugitive's flight



Sudoku

	9	6	1					
7				8				9
				4				1
2		8			3		9	
6	5						8	7
	4		2			6		5
8				6				
5				1				3
					9	7	5	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	1	5	9	8	7	4	3	2
8	3	7	4	6	2	1	5	9
2	4	9	1	3	5	7	6	8
5	7	6	2	1	8	9	4	3
1	9	8	6	4	3	5	2	7
4	2	3	5	7	9	6	8	1
7	8	1	3	5	4	2	9	6
3	5	2	7	9	6	8	1	4
9	6	4	8	2	1	3	7	5

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

TX IDJHNGIIO JPCOI YN YPSI ONDI WIXWIOZTKM OTJO NX ONEP, DTMZY YZIG QI EWTKSTKM QWIPS XHCTE?

Saturday's Cryptoquip: THE PASTOR ALWAYS SAVED SOME ROOM FOR WHAT HAD BECOME HIS FAVORITE DESSERT, PREACH MELBA.

Today's Cryptoquip Clue: X equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You'll hear what you want to hear today and ignore anything that does not fit in with your preconceived ideas. But why limit your thinking?

Taurus | April 21 - May 21. Don't worry if you're not doing much on a practical level because this is a time for thinking and planning.

Gemini | May 22 - June 20. This could be a stressful day, especially where relationships are concerned. Misunderstandings are likely but how you let them affect you is a matter of choice.

Cancer | June 21 - July 22. When the pressure gets to be too much, you can get emotional. The planets warn that a small emotional explosion is likely today. But it's better than a big one later!

Leo | July 23 - Aug. 22. It's not like you to be emotionally distant but something has annoyed you and now you are keeping your distance from certain people. It'll pass.

Virgo | Aug. 23 - Sept. 22. Try not to make promises you may not be able to keep today because if you let people down, they won't be too happy about it.

Libra | Sept. 23 - Oct. 22. Others are unlikely to react well if you are critical of their efforts today. They may be doing it wrong, but pointing out their faults and failings isn't likely to endear you to them.

Scorpio | Oct. 23 - Nov. 21. One moment you are too generous and the next you are too tough. It may be a reaction to other people's inconsistencies.

Sagittarius | Nov. 22 - Dec. 21. Colleagues and employers will look kindly on you today, so if there is anything you want from them now would be a good time to ask.

Capricorn | Dec. 22 - Jan 20. You seem concerned with personal relationships at the moment but until the Sun moves into your opposite sign on the 20th, you won't be able to change much for the better.

Aquarius | Jan. 21 - Feb 18. If you are not enjoying what you are working on then it's pretty obvious you are working on the wrong thing.

Pisces | Feb. 19 - March 20. You may be eager to show the world what you can do but if you are smart you'll hold off for a while. The Sun moves in your favour next week.

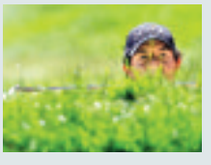
SALLY BROMPTON

Caption Contest

"Mom was right when she said ballet classes would be worth it one day."
Iris

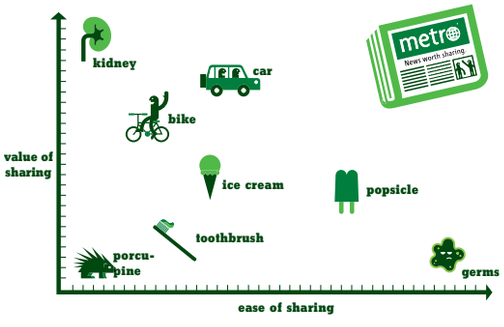
GERALD HERBERT/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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